DEFENSIVE PLAYBOOK

LEGEND

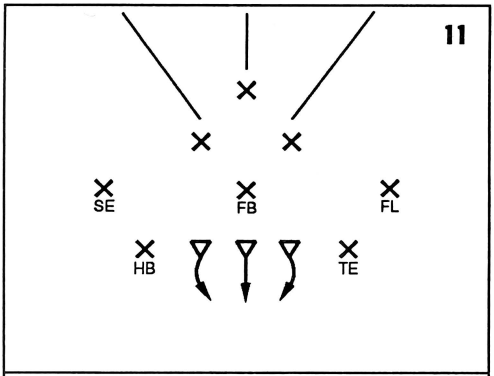
HOW TO READ PLAY NAMES

Special team play names are self-explanatory. For other play names, the first letter describes the formation and the remaining letters describe the type of play.

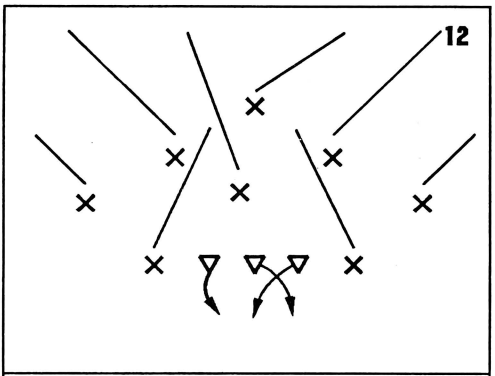
Formations

PRE	Prevent
46	Chicago "46" Alignment
GL	Goal Line (with an extra DT)
TUF	Tight 4-3 defense for "tough yardage" situations
43	Normal 4-3 "base" defense
NIC	Nickel defense with 5 DBs
DIME	Dime defense with 6 DBs

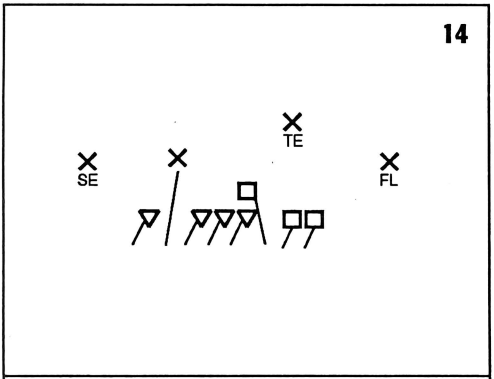
Continued on back cover



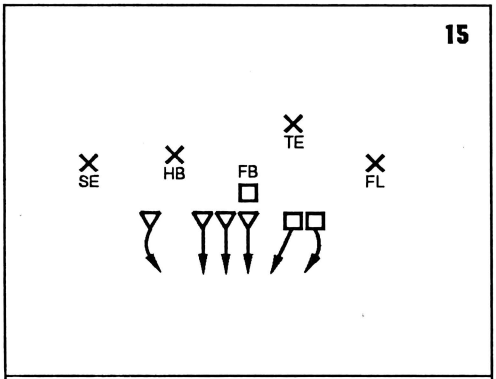
PRE MAN 3D



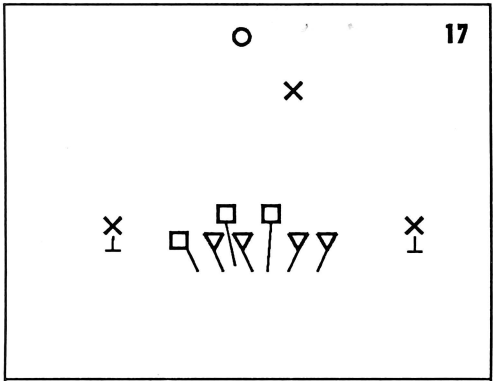
PRE ZONE



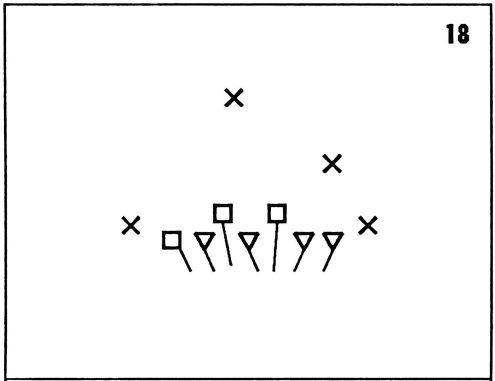
46 SMASH



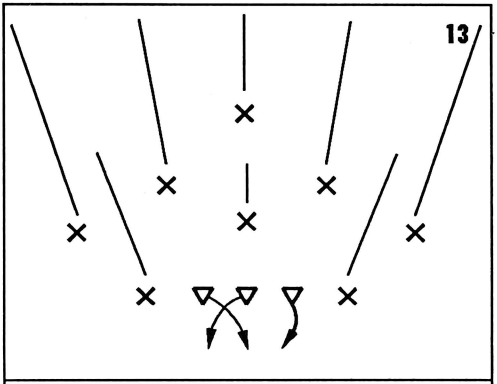
46 REDDOG



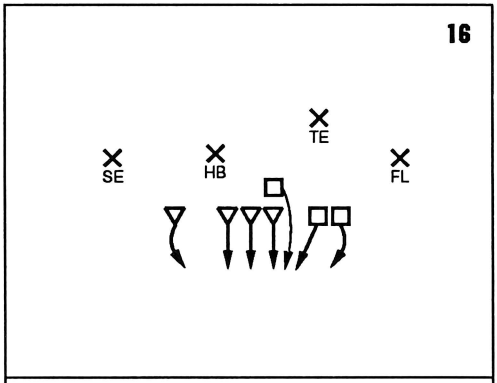
PUNT RETURN



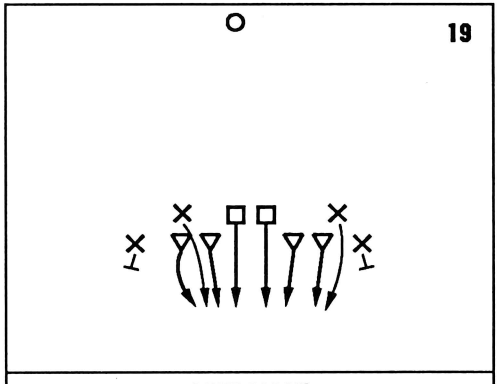
FG BLOCK



PREVENT



46 MADTIGER



PUNT BLOCK

DEFENSE

DEFENSE
SPECIAL DEFENSES

DEFENSE 10

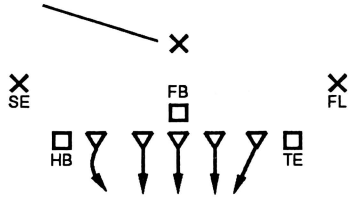
Plays 11-13 are prevent defenses.

Plays 14-16 are risky gap control and blitzing plays using the famous Chicago "46" defense. Note the position of the linebackers.

The prevent defense is designed to prevent a long scoring play, and is usually used at the end of the half or the game, when we are ahead.

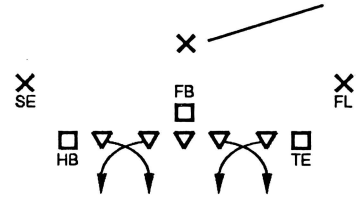
If I really want to play the run hard, I can commit the strong safety to the run. Now I have 8 against your 7 blockers. If I really want to sell out, then I commit my weak safety, too. They shouldn't be able to run, then. But that's when you can get fooled.

21



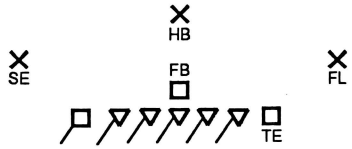
GL MAN W

22



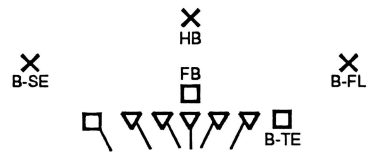
GL MAN S

24



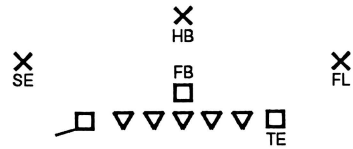
GL SLANT W

25



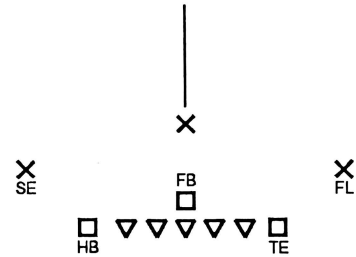
GL SLAM

27

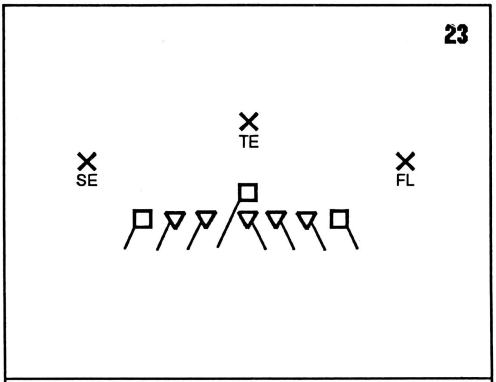


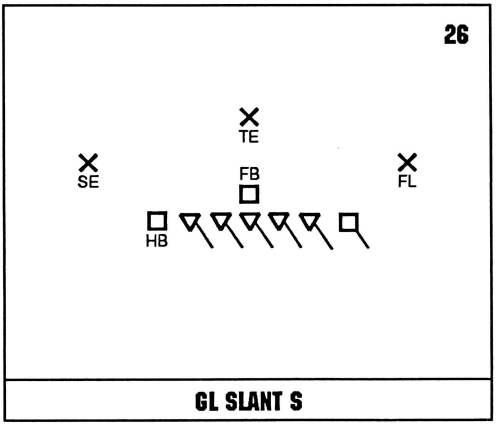
GL READ W

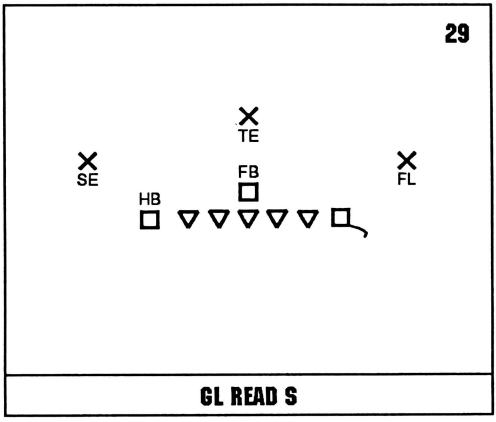
28



GL READ







DEFENSE

GOAL LINE FORMATION

DEFENSE 20

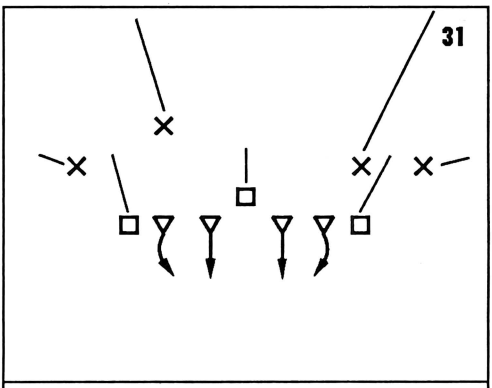
These plays replace the free safety with an extra DT to play over the center. Strong against runs but vulnerable to passes, especially to a wide receiver downfield. Use in a goal line situation when the offense has gone to a formation with two tight ends.

Plays 21 and 22 are the best pass defense plays in this series.

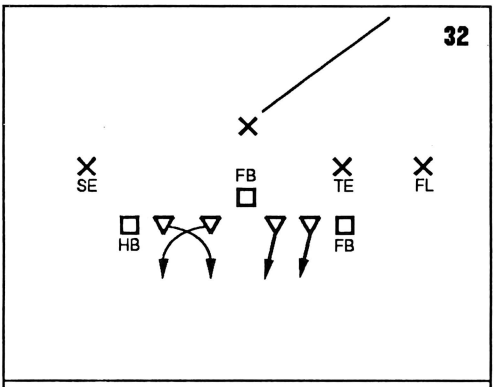
To defend a run to the left (weak), middle, or right (strong) side of the screen, select one of the plays 24-29 by choosing from the left, middle, or right respectively.

In a "Slam" defense, the linemen are lined up head-on and pinch to the inside. In a "Smash," the outside linebackers line up head-on or inside the tight ends and drive to the inside.

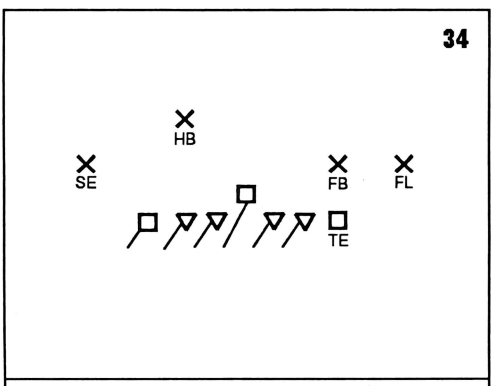
Go to man-to-man in a goal line situation. You have less real estate to cover and the passes will be quick.



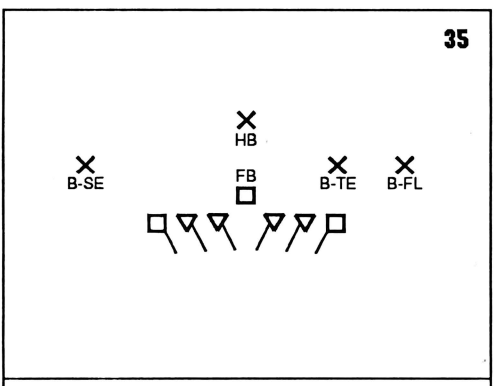
TUF ZONE



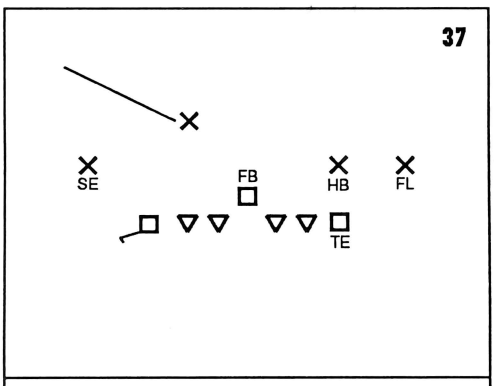
TUF MAN



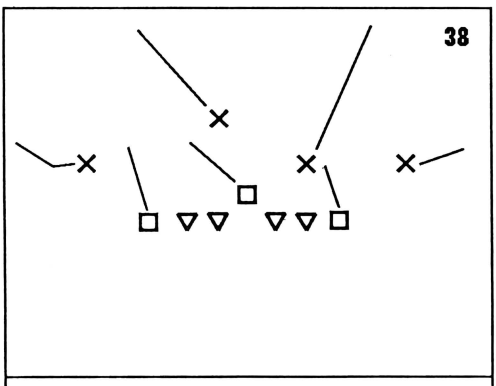
TUF SLANT W



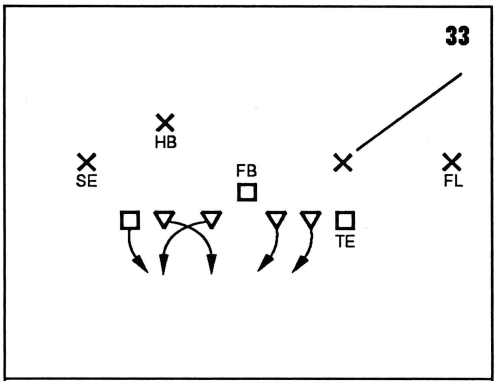
TUF SLAM



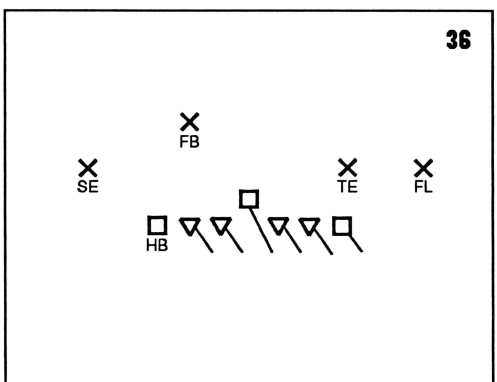
TUF READ W



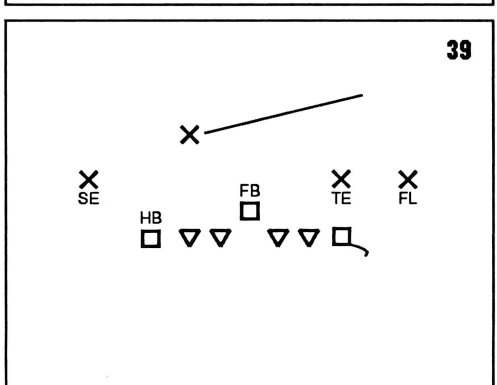
TUF READ Z



TUF BRONCO



TUF SLANT S



TUF READ S

DEFENSE

TOUGH YARDAGE STANDARD 4-3

DEFENSE 30

The TUF defense is a 4-3 defense with a tight secondary that is good for defending runs and short passes.

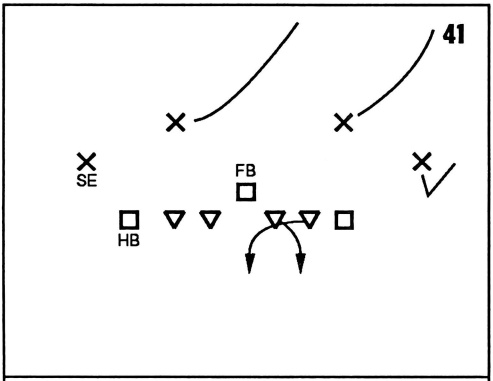
Plays 31-33 are the best pass defense plays in the series.

Man coverage frees linebackers and makes it tougher to run inside. Since zone coverage frees cornerbacks to force outside runs, play 38 is tough on sweeps and toss plays.

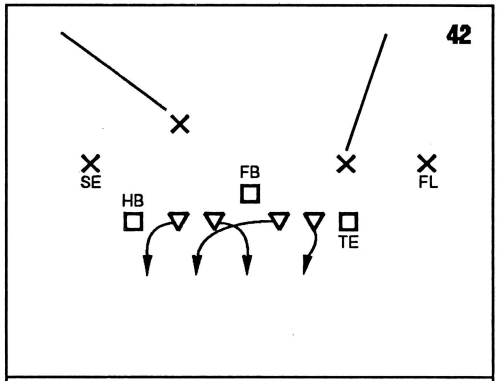
To defend a run to the left (weak), middle, or right (strong) side of the screen, select one of the plays 34-39 by choosing from the left, middle, or right respectively.

Short yardage situations are second and less than five, or third down and two yards or less. From a two tight end formation, expect a run about 75% of the time.

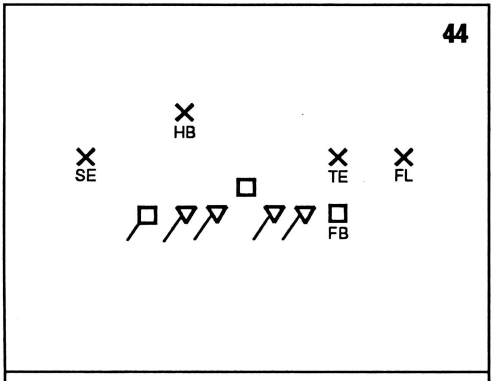
A player "reads" to determine whether the offensive play is a run or pass. Linemen must also read combinations of blocks.



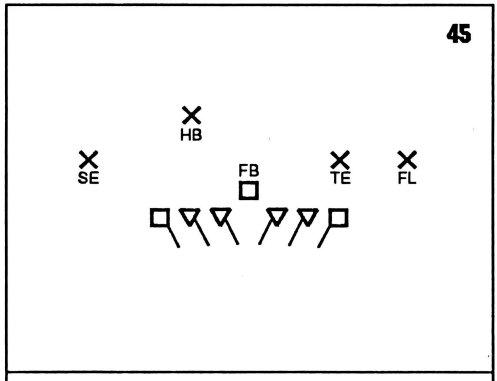
43 REDSLOT



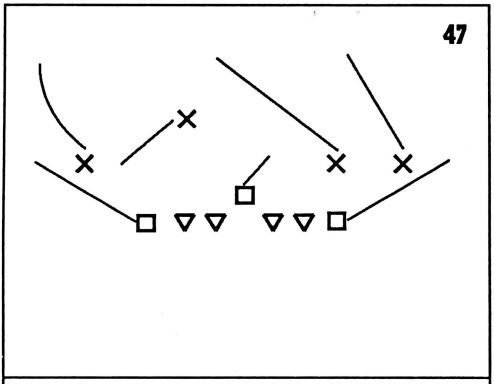
43 YALE



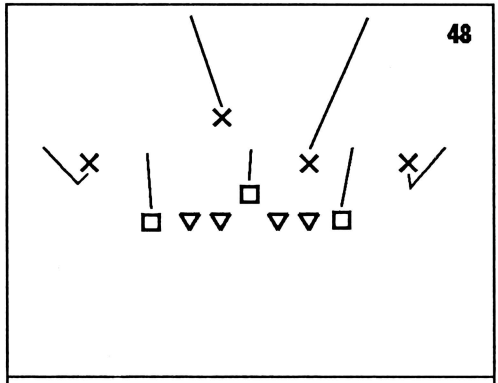
43 SLANT W



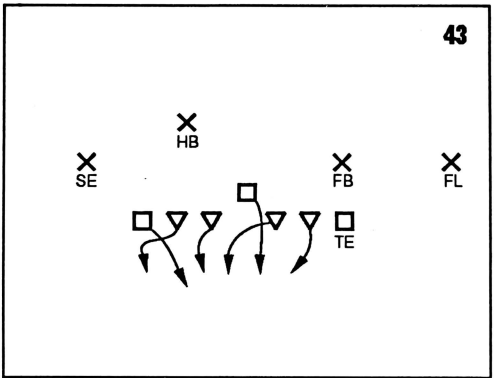
43 SLAM



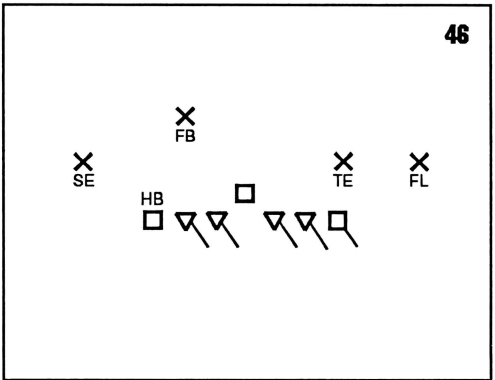
43 LOOSE W



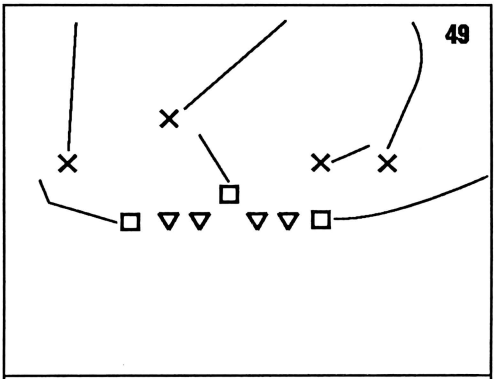
43 Z SHORT



43 WEAKCAT



43 SLANT S



43 BACKERS

DEFENSE

RUNNING SITUATION
STANDARD 4-3

DEFENSE 40

Plays 41-69 use a standard 4-3 alignment. Teams coached by John Madden are likely to pick plays 41-49 in a running situation against a normal formation with two wide receivers. This is a good series against a strong running team.

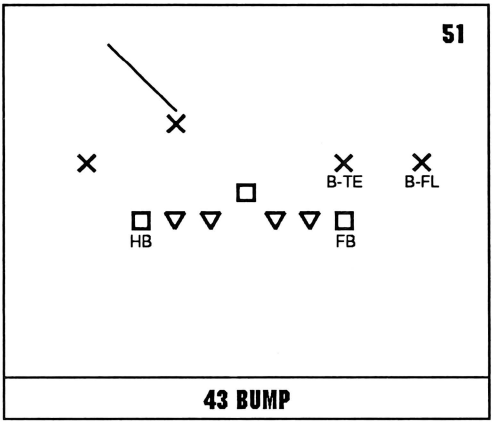
Plays 41-43 are the best pass defense plays in the series since they utilize a pass rush and maximum coverage.

To defend a run to the left (weak), middle, or right (strong) side of the screen, select one of the plays 44-49 by choosing from the left, middle, or right respectively.

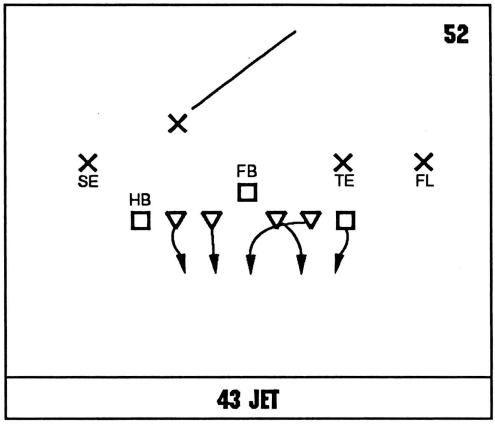
Plays 47 and 49 are 3-deep zones rotating the 4th defensive back to the weak or strong side respectively. Play 48 is a short zone with only 2 deep zone defenders.

The defensive end should normally line up outside the offensive tackle about one and a half feet. He must play up the field, and avoid being hooked inside or "bill" blocked. And he's got to strip blockers on the sweep.

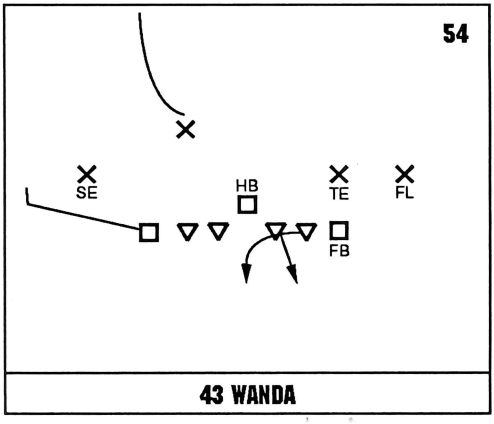
In "Yale" coverage the strongside backer picks up the tight end man-to-man. Mike picks up the first running back out on the strong side. Both safeties are free to help deep.



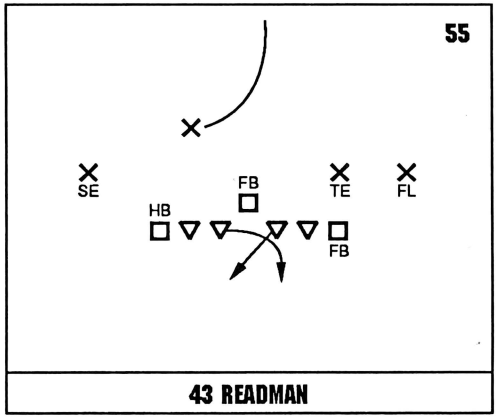
43 BUMP



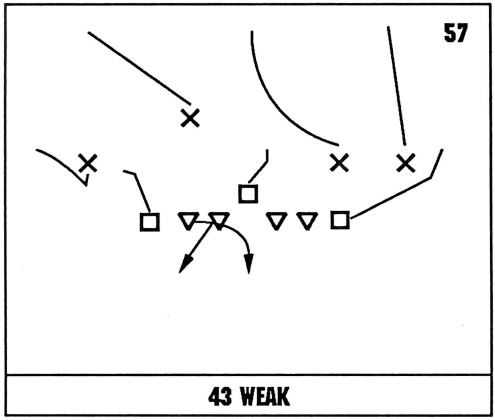
43 JET



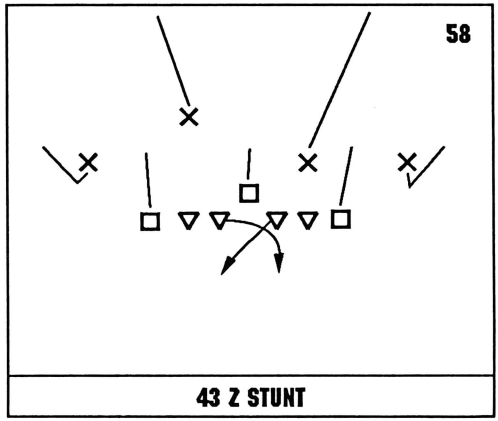
43 WANDA



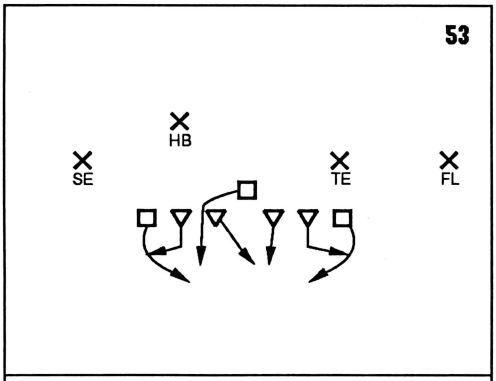
43 READMAN



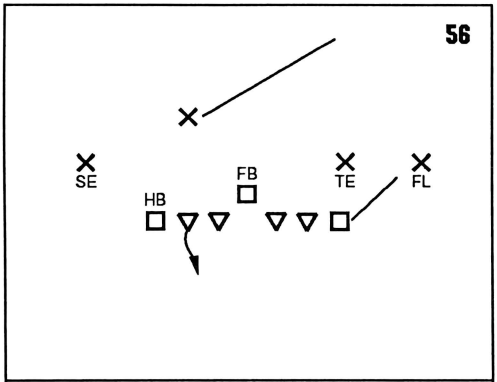
43 WEAK



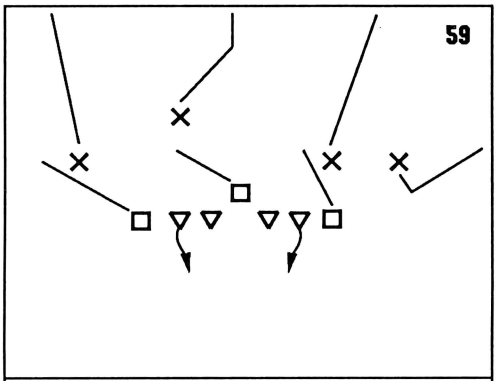
43 Z STUNT



43 MADTIGER



43 ZIP



43 ZONE S

DEFENSE

NORMAL SITUATION
STANDARD 4-3

DEFENSE 50

Plays 41-69 use a standard 4-3 alignment. Teams coached by John Madden are likely to pick plays 51-59 in a normal situation against a normal formation with two wide receivers.

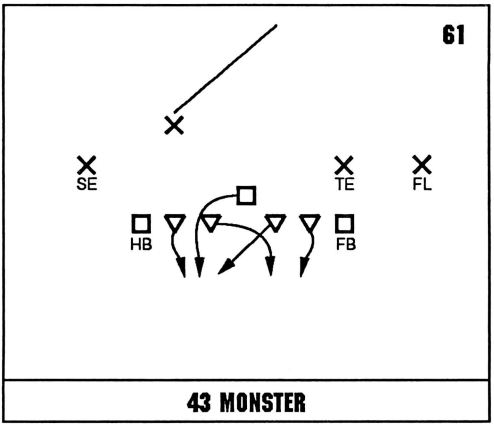
Plays 52 and 53 are blitzes for that element of surprise.

Plays 57 and 59 are 3-deep zones rotating the 4th defensive back to the weak or strong side respectively. Play 58 is a short zone with only 2 deep zone defenders.

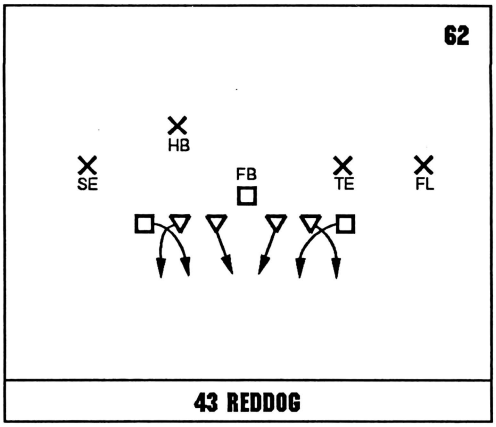
Plays 54, 55, 57 and 58 use line stunts as Madden describes below.

The free safety is normally on the weak side and does not have any particular coverage. He can favor one side or the other and play the ball.

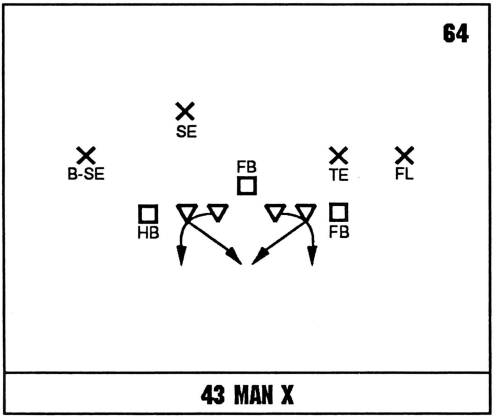
"Twins" is a line stunt that calls for the tackles to cross. First one tackle blasts into the center-guard gap and penetrates tough to tie up both men. Then the other tackle loops behind. Get to the QB! "Palms" is a similar stunt with a tackle and end.



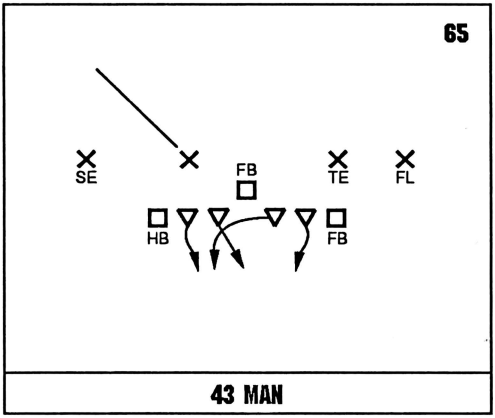
43 MONSTER



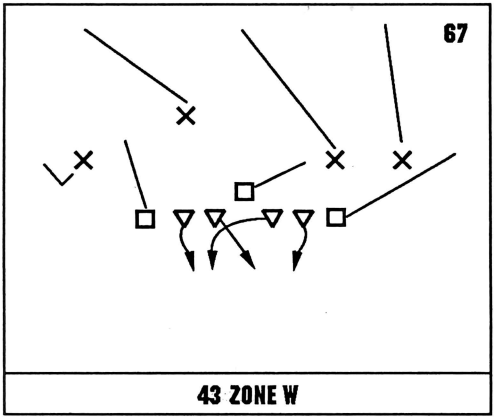
43 REDDOG



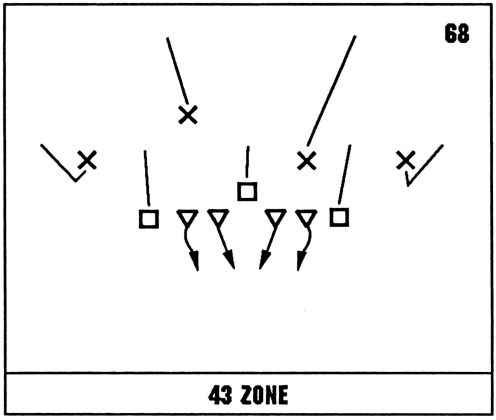
43 MAN X



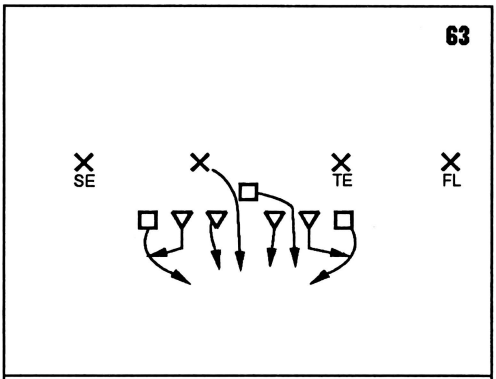
43 MAN



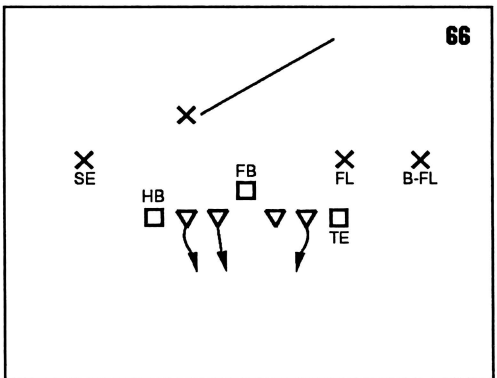
43 ZONE W



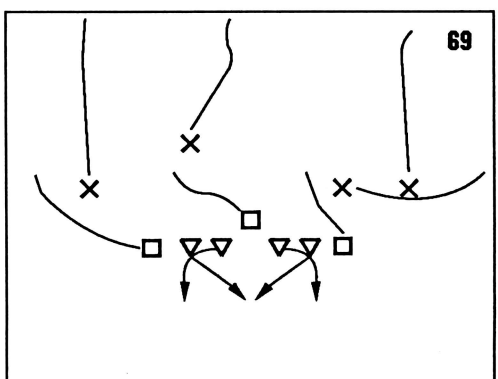
43 ZONE



43 BLITZ



43 MAN Z



43 SKY S

DEFENSE

PASSING SITUATION
STANDARD 4-3

DEFENSE 60

Plays 41-69 use a standard 4-3 alignment. Teams coached by John Madden are likely to pick plays 61-69 in a passing situation against a normal formation with two wide receivers. This is a good series against a strong passing team.

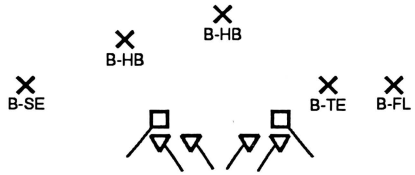
Plays 61-63 are blitzes, 64-66 are man coverages, and 67-69 are zone coverages. Coverage is better to the weakside on plays 64 and 67 and better to the strong side on plays 66 and 69.

Play 63 is a safety blitz. The same safety lines up as though he's blitzing in play 65, but it's a fake.

The purpose of a shooting or blitzing defense is to get to the passer. Pressure him into throwing an interception. Cause confusion in blocking assignments. Break up blocking patterns on running plays. Keep the passing game off balance.

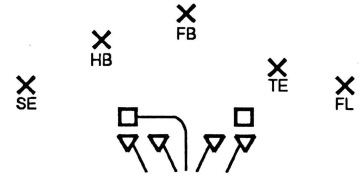
Always blitz from a man defense, never a zone. First try blitzing the outside linebackers, then mike (the MLB), and then one safety. If you blitz more than one safety, you're dead.

71



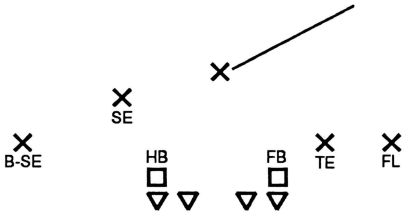
NIC BUMP

72



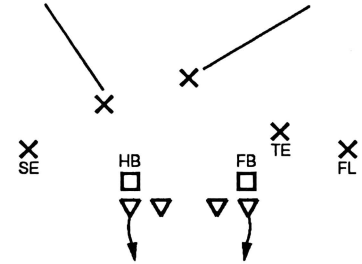
NIC PINCH

74



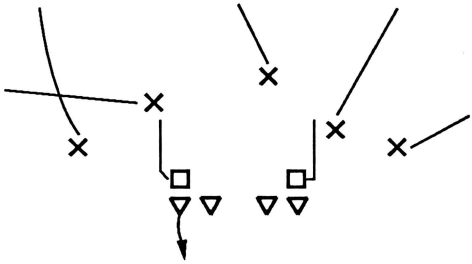
NIC READ X

75



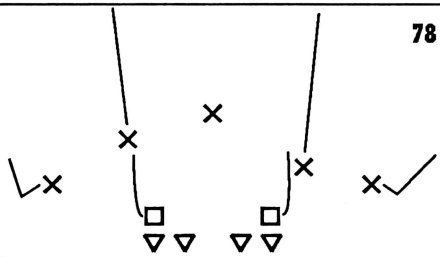
NIC MAN

77

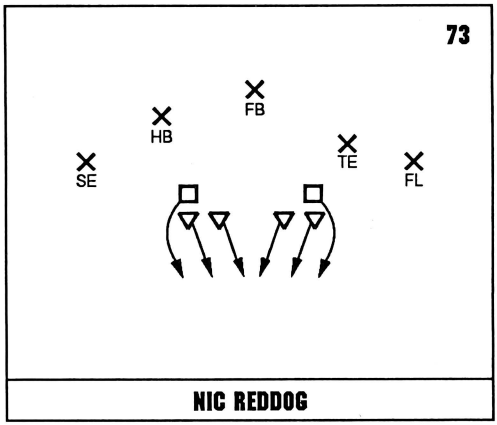


NIC SKY

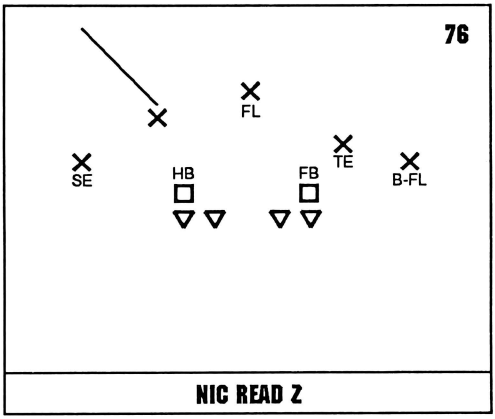
78



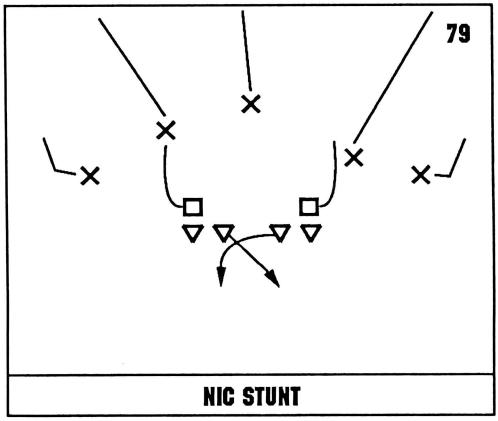
NIC ZONE



NIC REDDOG



NIC READ Z



NIC STUNT

DEFENSE

NICKEL
NORMAL SITUATION

DEFENSE 70

This is a good series for facing a team that uses 3 wide receivers in normal or running situations. The Nickel defense provides for an additional cornerback with the speed and ability to cover the third wide receiver.

Plays 71-73 are stunt and blitz plays.

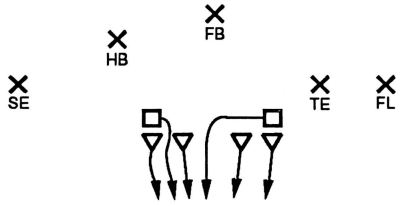
Play 75 is a balanced man coverage and 74 and 76 are man coverage with a double team.

Plays 77 and 79 are 3-deep zones and play 78 is a 2-deep zone.

Most of the time the cornerback is the primary force man on end run plays. In "Sky" coverage the safety man is the primary force man. In "Backer" coverage the linebacker is the primary force man.

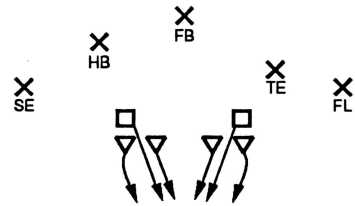
A blitz is a gamble. Pro teams blitz less than 20% of the time.

81



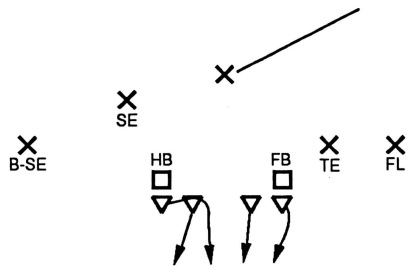
NIC BAMXIT

82



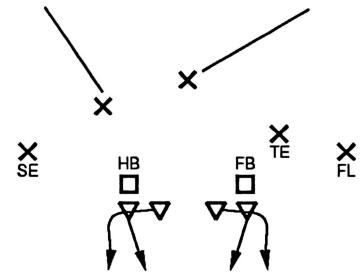
NIC SHOOT

84



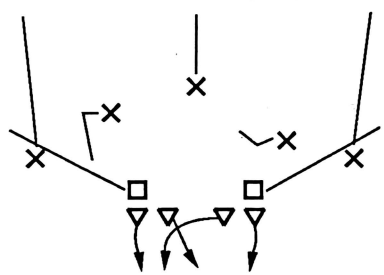
NIC MAN X

85



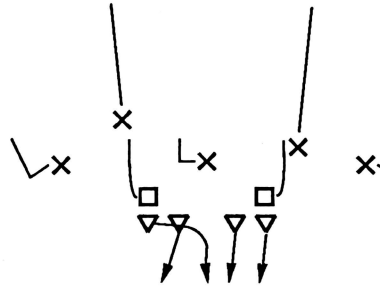
NIC YALE

87

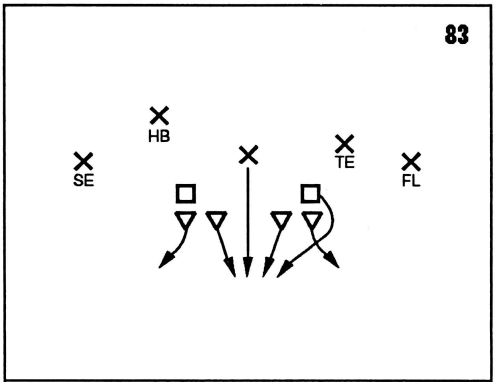


NIC LOOSE

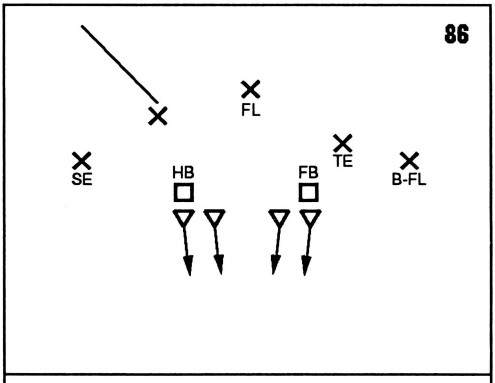
88



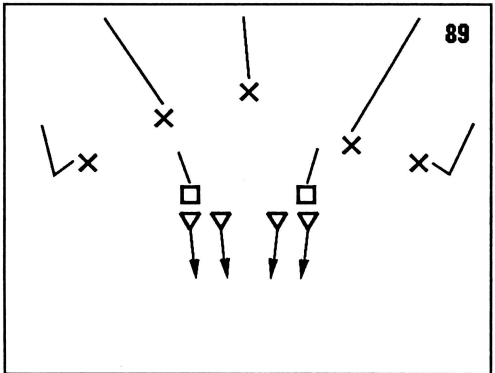
NIC 2DZONE



NIC BLITZ



NIC MAN Z



NIC 3DZONE

DEFENSE

NICKEL
PASSING SITUATION

DEFENSE 80

Plays 81-89 are nickel defenses with five defensive backs and a full pass rush. A good defense for a clear passing situation such as third and long, use when the offense is using three or fewer wide receivers.

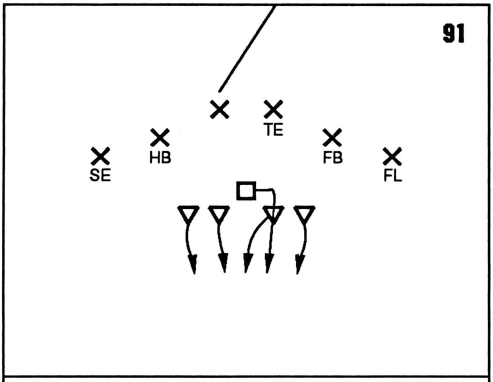
Plays 81-83 are blitzes.

Play 85 is a balanced man coverage and 84 and 86 are man coverage with a double team.

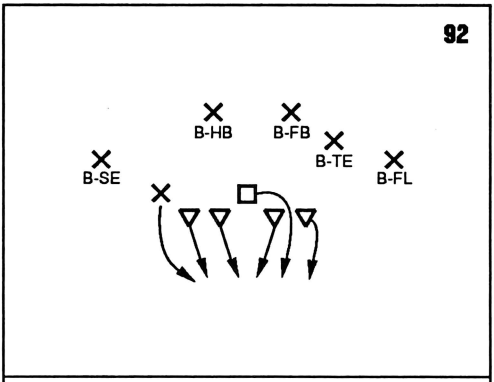
Plays 87 and 89 are 3-deep zones and play 88 is a 2-deep zone.

Our shooting defenses are given names. A Dog or Cat means two linebackers are rushing the passer. Three linebackers rushing is a Tiger. If four or more backs are rushing then we call it a Blitz. We usually send the Free Safety on a Blitz.

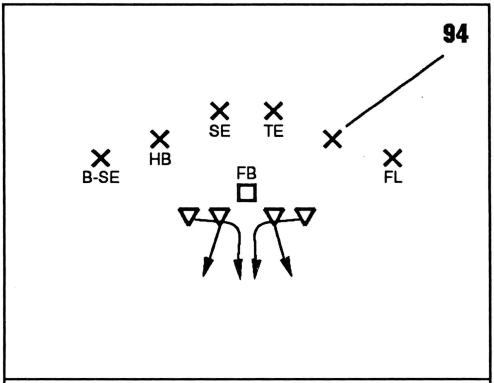
Extra defensive backs are useful on second down and ten or more or third down and five or more. You've got to match up with their personnel.



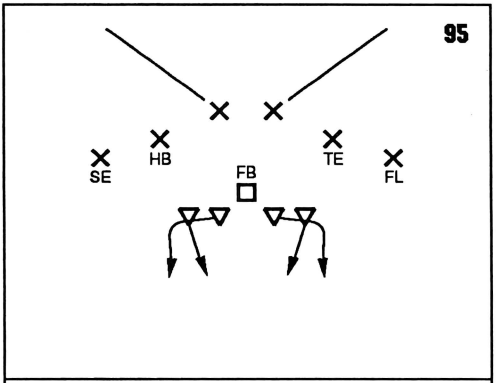
DIMEMONSTR



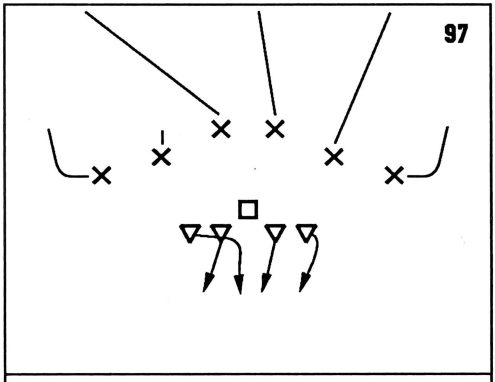
DIME JETS



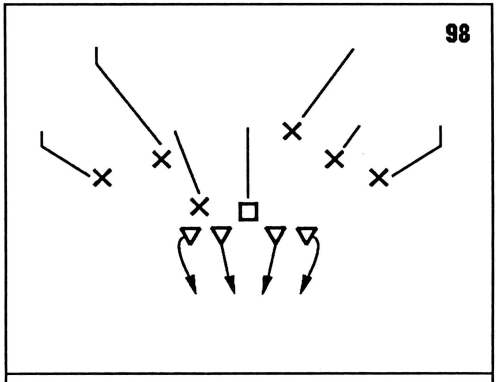
DIME MAN X



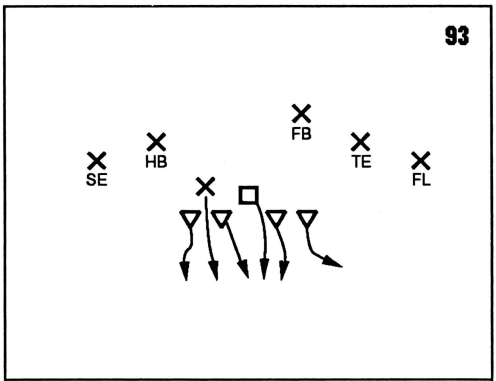
DIME YALE



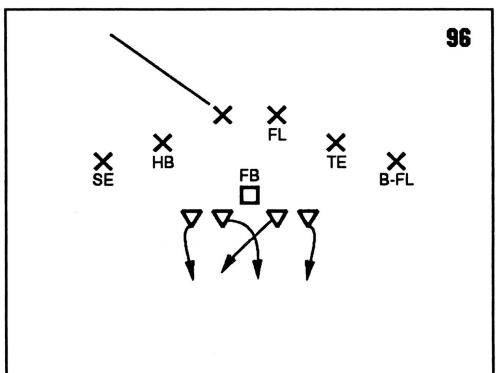
DIMEZONE W



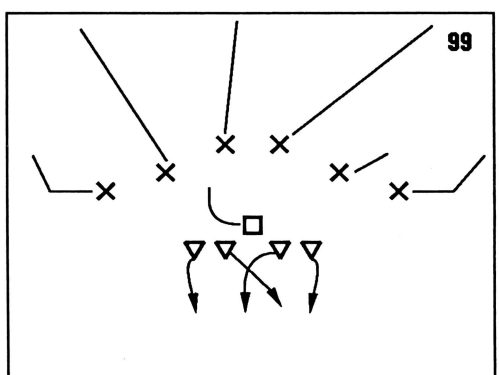
DIME ZONE



DIME YOGI



DIME MAN Z



DIMEZONE S

DEFENSE

DIME
PASSING SITUATION

DEFENSE 90

Plays 91-99 are dime defenses with six defensive backs for clear passing situations. To avoid possible mismatches, use this series against an offense with four wide receivers.

Plays 91-93 are blitzes. Play 98 is a fake safety blitz.

Play 95 is a balanced man coverage and 94 and 96 are man coverage with a double team.

Plays 97 and 99 are 3-deep zones and play 98 is a 2-deep zone.

Passing situations are first and more than ten, second and more than seven, and third and more than three. Look for at least three wide receivers, and passes 75% of the time.

The pros mostly use zone coverage. Probably 70-80% of the teams use mostly zone. The teams that use man-to-man, like my team, use it 80-90% of the time.

In "Yogi" coverage the free safety lines up across from the offensive tackle, and in a Yogi Dog he rushes the passer.

Run Defense (Example: TUF SLAM)

SMASH, SLAM, SLANT and **PINCH**: Defensive line and linebackers in gap control, stunting into gaps between offensive blockers. Man coverage in secondary. Gambling run defense may stop runner for a loss or give up big gain if runner pops through line. Reasonable pressure on QB in event of a pass since linemen are stunting.

READ: Defensive line and linebackers react to movement of offense. Highly effective against runs because defenders are harder to block. Least effective pressure on QB in event of a pass.

W, S: Indicates defensive action expects a run to the weak (W) side away from TE or strong (S) side towards TE. The weak side is to the left side of the screen; the strong side is to the right side of the screen.

Pass Defenses (Example: 43 ZONE)

MAN: Indicates man-to-man pass coverage, usually with a pass rush and a safety free to favor weak or strong.

YALE: Man coverage with two free safeties.

BUMP: Tight "bump and run" man coverage.

ZONE, LOOSE, BACKERS, SKY, SHORT, WEAK: Types of zone coverage.

WANDA, REDSLOT, ZIP: Combinations of man and zone coverage.

2D, 3D: Indicates number of deep zone defenders in zone coverage.

X, Z: In man coverage indicates double-team of SE (X) or FL (Z). May also indicate zone coverage in a run defense like TUF READ Z.

W, S: In man coverage, indicates weak (W) or strong (S) direction that free safety will favor. In zone coverage, indicates direction of rotation of zone.

Blitzes (Example: DIME YOGI)

The following are various plays combining pass rush, blitzers, and man coverage:

BRONCO	WEAKCAT
JET	MADTIGER
MONSTER	REDDOG
BLITZ	BAMXIT
SHOOT	YOGI